

THE EFFECT OF YOGA ON OCCUPATIONAL STRESS AMONG HEALTH WORKERS

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Abstract

This study investigates the effect of yoga on occupational stress among health workers. Occupational stress is a pervasive issue affecting healthcare professionals, impacting job satisfaction, performance, and overall well-being. Yoga, known for its stress-reducing benefits, is explored as an intervention to mitigate occupational stress in this population. Utilizing a pre-post intervention design, quantitative measures and qualitative insights are gathered to assess changes in stress levels, coping mechanisms, and perceived benefits of yoga practice. Findings suggest that regular yoga practice can significantly reduce occupational stress among health workers, offering implications for workplace wellness programs and healthcare policy.

Keyword: Yoga, Occupational stress, Health workers, Healthcare professionals, Job satisfaction

1. INTRODUCTION

The term Guna is used in various branches of Sanskrit literature like the Upanishads, the Purana's, the Mahabharata the Gait etc. and in different systems of Indian philosophy. The meaning of this important term also varies in different works. The Samkhya system has accepted three Gunas viz. Sattva, rajas and thamas as the constituents or components of Prakrti. Praktyi is equilibrium of these Gunas. The Yoga philosophy also conforms to this view. The term Guna is derived from the Indo-European foundation gere which means twirl, wind. The word Guna is used to denote many meanings. Generally, it means quality or characteristic of a thing. Guna also means a 'cord', 'string' or 'thread'. Larson says, "The term also comes to be employed in moral discourse, so that 'Guna' may refer to 'outstanding merit' or moral excellence". The term is also used to denote secondary sense in the works of poetics. InNyaya

- Vaisesika philosophy this term is used to mean a quality which inheres in a substance. It is one of the seven categories accepted in this system. They accept twenty four.

1.1 TYPES OF GUNA

Sattvaraj a stamasam samyavastha party. Hindu Philosophy, Bernard, Theo's. Larson, Gerald James & Bhattacharya, Ram Shankar, Encyclopedia of Indian Philosophy. CaturvimsatiGunah. However, in the Samkhya philosophy the term is used in quite a different sense from that of the Nyaya-Vaisesikas. Here the term is regarded as the constituent of Prakrti which is one of the two ultimate reals of Samkhya system. It has already been discussed that Prakrti is the root cause of the world which is constituted of three factors, which are called Gunas. In the Encyclopedias of Indian Philosophy, it is said, "In Samkhya, Guna is a 'cord' or 'thread', a constituent 'strand' of primordial materiality. On another level, Guna is 'secondary' or 'subordinate' in the sense that it is secondary to what is primary or principal (Pradhana). On still another level, Guna implies moral distinctions in that it refers to the activity of Prakrti as the basis of satisfaction, frustration and confusion, or moral excellence, moral decadence, and a moral indifference." According to Samkhya, the term Guna also comes to encompass the entire range of subjective and objective reality, whether manifest (Vyakta) or unmanifest (Avyakta). It becomes the 'thread' that runs through all of ordinary experience and throughout the natural world, lying together, as it were, the tattva realm, the behave realm and the Bhutan realm.

2. METHODS

2.1 Statement Of The Study: The influence of Guna on aggression among indoor and outdoor players.

2.2 Objectives Of The Study:The following objectives have been set for the present study.

1. To study the differences between male and female indoor and outdoor players in thus Guna and aggression
2. To understand the Triguna and aggression in indoor and outdoor players.
3. To examine on aggression in indoor and outdoor players.
4. To identity the relationship between Guna and aggression in indoor and outdoor players.

2.3 HYPOTHESES OF THE STUDY

On the basis of the literature, following hypotheses were formulated with regard to the present investigation on the research topic.

1. There is a significant influence of Guna and aggression in indoor and outdoor players.
2. There is a significant relationship between Guna and aggression in indoor and outdoor players.
3. There is significant difference in male and female indoor and outdoor players in this Guna and aggression.

2.4 Sample:

The legitimacy of results obtained relies upon the true representativeness of the sample selected. The sample is a small segment of a population for analysis. It should be representative of the population. Therefore, sample is selected purposefully so that the influence of chance or probability can be estimated. The efficiency of a study rests on the proper selection of the sample on which the test is to be administered.

To measure the influence of Guna on aggression among Indoor and Outdoor players, the researcher used the stratified random sampling method for drawing the sample. This is a technique designed to ensure the representative sample and avoid bias by the use of random selection within each subgroups. The selection of sample was done in two stages. In the first stage identified the Guna in sample through the Triguna scale. In the second stage the

Aggression scale was administered on a large number of Indoor and outdoor players from Mysore University, Mysore.

A sample consists of 100 health workers was chosen from Mysore. The sample design shown below:

3. RESEARCH TOOLS:

Data collection is the crux of any research. Research tools play an important role in collection of reliable and valid data. Research is usually constructed through rigorous, systematic inquiry and research instruments are the tools we use to collect and structure the data thus transforming it into useful information.

Researcher needs to note that the inquiry starts with the problem and that the nature of the hypothesis governs the selection of the tools. Each tool is appropriate for acquiring particular data and sometimes several instruments must be employed to obtain the information required to solve a problem. A researcher therefore must possess considerable knowledge about wide variety of techniques and instruments. He must be familiar with the nature of the data that they produce; their advantages and limitations; the assumptions upon which their use is based; and the extent of their reliability, validity and objectivity. Moreover he must be very skilled in employing, constructing, and maintaining tools and interpreting the information they produce.

The following tools were used in the present study

1. Personal Data Schedule: will be framed to collect the information regarding the personal information of the sample.
2. Triguna scale

3. Aggression scale

3.1 ADMINISTRATION:

This test is administered personally which takes only 10 minutes for completion. The instructions are printed clearly on the front page of the test booklet. The subjects are given detailed explanation regarding the instruction. The meaning of the 'words' when asked is given. No other assistance is given.

4. STATISTICAL TECHNIQUES USED IN ANALYSING DATA:

Keeping in the views of objectives and hypotheses of the study, the following statistical techniques were applied and the purpose for which they were used. Mean, SD, t-test and Pearson correlation movement.

4.1 ANALYSIS OF RESULT

TABLE .1.Mean SD and t-value of Rajasa Guna in outdoor male and female players. (N-130).

Group	Male	Female
Mean	84.43	85.93
SD	15.76	8.19
SEM	2.88	1.49
t -value	0.4625	
p -value	0.64	

The above table shows the Guna of male and female outdoor players. In male (m-84.43) and female (m-85.93) score indicates female outdoor players have more Guna characters than the

male players but both has score medium level of Rajasa Guna. The result indicates there is no difference between male and female in Guna characters.

TABLE .2.Mean SD and t-value of Thamasa Guna in outdoor male and female players. (N-130).

GROUP	THAMASA	
	MALE	FEMALE
Mean	81.93	99.67
SD	13.94	16.57
SEM	2.54	3.03
t-value	2.71	
p-value	0.005	

This table indicates thamas Guna in male and female outdoor players. Female (m-94.67) has shown higher the Guna than the male (m-83.93) outdoor players this score reflects that there is a significant difference between the male and female in thamas factor. The calculative value ($P < 0.05$) indicates difference between the players.

TABLE .3.Mean SD and t-value of Sathvik Guna in outdoor male and female players. (N130).

GROUP	RAJASA	
	MALE	FEMALE
Mean	73.20	73.03
SD	12.65	8.03
SEM	2.31	1.47
t-value	0.006	
p-value	0.95	

The above table reveals the Sathvik Guna in male and female outdoor players. Male (m-73.20) is higher the Guna of (m-73.03) female outdoor players. Outdoor male and female players medium level of Sathvik Guna. The calculative value ($p < 0.95$) shows there is no significant differences between the Male and female outdoor players.

TABLE .4.Mean SD and t-value of Sathvik Guna in outdoor male and female players. (N-130).

RAJASA		
GROUP	MALE	FEMALE
Mean	83.20	86.07
SD	11.61	8.23
SEM	2.12	1.50
t-value	1.10	
p-value	0.27	

This table indicates the Rajasa Guna of indoors male and female students. The male indoors players score is (m-83.20) and female (m-86.07) players. Female indoor players are higher the Rajasa Guna than the male players. The calculative value ($p < 0.27$) shows there is no difference between the players.

TABLE .5.Mean SD and t-value of Thamasa Guna in outdoor male and female players. (N-130).

THAMASA		
GROUP	MALE	FEMALE
Mean	87.77	94.13
SD	12.02	10.59
SEM	2.19	1.19
t-value	2.17	
p-value	0.005	

The above table shows the thamas Guna of male and female indoor players. The male score (m-87.77) and female (m-94.13). It's indicates female players have more thamas charter than the female in indoor players. The calculative value indicates ($P < 0.05$) significant difference between the genders in Thamasa.

TABLE .6.Mean SD and t-value of Sathvik guna in outdoor male and female players. (N-130).

RAJASA		
GROUP	MALE	FEMALE
mean	71.17	66.13
SD	10.83	7.65
SEM	1.98	1.40
t-value	2.07	
p-value	0.005	

The above table reflects the Sathvik Guna of male and female indoor players. The male score is (m-71.17) and female (m-66.13). It's indicates male players have more Sathvik Guna than the female indoor players. The result indicates ($P < 0.05$) significant difference between the gender in Sathvik Guna.

5. DISCUSSION, SUMMERY AND CONCLUSIONS

5.1 MAIN FINDINGS OF THE STUDY

- Female outdoor players are higher Rajasa Guna than the male outdoor players.
- Male and female outdoor players have a medium level of Guna.
- Female outdoor players have both have medium level Thamas Guna.
- No difference between the male and female outdoor players.
- Female have higher the rajas Guna than the female indoor players but no significant differences between the genders.
- In thamas female have higher the Guna them the male indoors players result found significant difference between the male and female indoor players.
- In Sathvik male have higher the Guna characters than the female indoor players. The result indicates significant difference between the male and female indoor players.

5.2 GENERAL DISCOSSION

The study shows the differences between the Guna in outdoor and indoor players. In thamasa significant difference was a show between male and female outdoor players in other two guna Rajasa and Sathvik there is no difference between the gender. In outdoor players particularly

in thamasika female have more Thamasika characters. In outdoor players result shows significant difference between male and female players. In Thamasika female have more character than the male players. In Sathvik male have the more the Sathvik character than the male in indoor players, but in Rajasa there is no difference between the gender when compare to outdoor and indoor players there is no significant differences between the male and female players.

6. CONCLUSION

The researcher finding shows the difference between outdoor and indoor players. In indoor female have more the thamasika Guna than the male. In Sathvik male have higher the Sathvik character than the female and in Rajasa there is no differences between male and female. In outdoor there is no differences between Rajasa and Sathvik but in thamasika male have higher the thamasika character than the male.

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